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Especially for Homemakers

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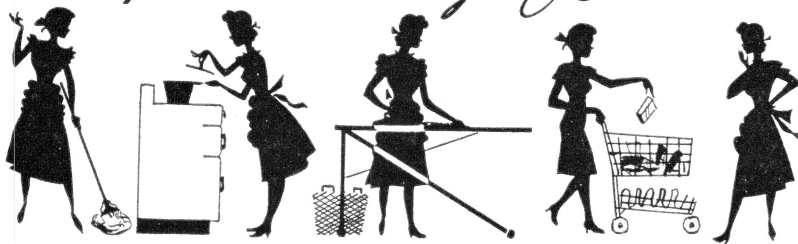
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Especially for...



HOMEMAKERS

by Candace Hurley
Homemaking Editor

Get That Stain!

GRASS STAINS, grease spots, picnic foods stains—all add extra work to your already heavier-than-usual summer laundry job. But what to do for what stain? Should you use hot water, cold water, or perhaps a grease solvent?

A USDA booklet, "Removing Stains From Fabrics," tells how to treat all types of stains. Ask for Home and Garden Bulletin No. 62 at your county extension office.

Special note: Act promptly when staining occurs. Many stains that come out easily when fresh are difficult or impossible to remove later. Always treat stains before you launder the item. Hot water and detergent can set some stains so that they never can be removed.

Some Foods Are Picnic Hot Weather Hazards

UP GOES the temperature, and up go picnic food hazards. Up go food hazards, and you may have upset tummies.

This is the time of year to take a vacation from creamed dishes, creamed sauces, custard or cream-

filled pies and cakes, and ground-up sandwich fillings such as ham. These foods spoil rapidly—even with your utmost care in handling. Put them on your picnic "no" list now.

Other foods belong in the "keep cold, eat up quickly" class. These include: potato salad, deviled eggs, egg salad sandwiches, chicken or fish casseroles, or salads, cold meats, fried chicken, other cooked meats.

Handle these foods as little as possible when you prepare them. Be sure hands, utensils and cutting board are strictly sanitary. Chill foods promptly, keep them in the refrigerator until picnic time. Take them to your picnic in a chilled or insulated food container.

Eat food as promptly as you can after you get to the picnic area. Don't let food sit around. Prepare only enough for your meal, and don't plan to take leftovers home. This food can brew up trouble in a hurry.

Here's a safe idea. Freeze picnic foods ahead of time. Let them thaw while you travel to the picnic area. You might freeze fried chicken, fruit pies, vegetable or relish salad mixtures, sandwiches

(without lettuce, eggs, tomatoes).

Warning: Big picnics, with food prepared in large quantity, need a watchful eye. Last year, prepared-in-advance ham sandwiches served at a company picnic in Indiana resulted in food poisoning for 1,000 persons. The culprit: *Staphylococcal enterotoxin*.

Safety Week Coming . . .

"FAMILY SAFETY—At Work and Play" is the theme of National Farm and Home Safety Week, July 22-28. Try to make this theme your year-round goal.

The best accident prevention is safety awareness and "know how" on the part of every family member. Accidents often happen because we're in a hurry and don't take the proper precautions. We often let down our guard and tend to be careless when we're working in familiar surroundings.

Accidents within the farm home itself take 2,600 lives yearly, cause 390,000 disabling injuries. Falls lead the list.

During Farm and Home Safety Week, get rid of those potential hazards in your home. Then get in the habit of thinking safety as you work all year round.

Who Eats Where And What?

IF YOU SEE your family at the dinner table three times or even twice a day, consider it special. Some of your family could very likely be eating out of a vending machine.

Unlike eating in a restaurant, school cafeteria or lunch stand, many a person now takes his meal standing up—straight from the vending machine. The difference is that, at the cafeteria or restaurant, he has a chance to choose from a variety of foods. The vending machines, for understandable reasons, must be stocked with foods that are generally acceptable to almost all people. This means limited choice—bland versions of chicken and noodles, Spanish rice, beef stew, certain soups.

If the "vending machine" diet is part of your family's eating pat-

tern now, better work hard on those meals that they do eat at home.

Vacation Quiz — When Do We Get to Grandma's?

YOU'RE OFF! The car, filled with family and suitcases, has just gone the first few miles down the road when your 4-year-old asks, "When do we get to grandma's?"

You take a deep breath. Grandma's still is several hours of driving time away. But the youngsters already are giving warning signs of restlessness and uncertainty. The reason? They've been uprooted. To be sure, it's only a temporary uprooting, and you are present. This isn't the same. Home is gone, but grandma's house isn't in sight. Imagine being dropped into a foreign country where everything is strange.

Your young teen-ager has a different question to puzzle you. "Why do we have to go to grandma's, anyhow?" He had put up a stiff resistance to the idea of visiting relatives. In fact, he volunteered to stay home. "I have my paper route. And, besides, the other guys aren't going anywhere."

There you have it—a sign of pulling away from the family group. Momentarily you wonder whose vacation this is. Dad's? Yours? Or the kids?

Of course vacations must fit family schedules. Parents decide

when and how long. But quite often vacations are totally parent-planned. This is why older children resist and young children become bewildered. Here are some ways to set the stage for a good time for all.

Pool Your Ideas: Find out where each member of your family wants to vacation. Have the older children write Chambers of Commerce for information. Consider all suggestions. Talk them over. Keep in mind that your children need to see your viewpoint; you need to know what will be fun in their terms.

A week of short, 1-day excursions from home base can be fun and not expensive. Also, the younger children can be tucked in their own beds at night; the older children can keep in touch with friends.

If you plan a longer trip, let older children help plan the route, study road maps, look up places to visit and discuss their findings at meal time. Talk about what to expect. This helps younger children adjust to the coming new experience.

For example, talk about riding together in the car. Most families take only short rides together during the year. Then suddenly they go into orbit to the moon (or grandma's) with no preflight testing. Who decides how often you'll stop? Who will ride where? When will you change the seating situation? Who will eat when? Will cracker crumbs and sticky candy hamper flight conditions? Tempers and resulting tears have a better chance to stay under control if flight rules are known and if everyone feels fairly treated.

Get a Run-Up: Anticipation is part of the fun of any trip. Long before take-off day, have each older child start a "must" list. This puts the responsibility for personal needs where it belongs—with each child. No more last-minute forgetting of tennis racket, bathing suit, favorite toy—and then blaming Mom.

Clothes for the family are your business. This means lists. Car safety is Dad's business. This means checking backseat safety

conditions. Door handles locked, cigarette ash trays shut, no sharp-edged toys, no hands dangling out windows.

Toys to play with are the children's business. Have them choose what to take. Good, safe toys include a favorite doll or stuffed animal, new and old books, cars and trucks, pipe cleaners, a purse equipped with mirror and comb. Firmly veto noisemakers, marbles, puzzles with tiny pieces, balloons or any toy to dangle out the window. Veto toys with sharp edges.

Plan some toys for action when you stop—a ball for example. Exercise offsets restlessness from hours of sitting. For good measure, take along a surprise package of new toys and gadgets. Produce it only when needed. Some families plan strategic stops at dime or hardware stores along the way to let the children select an inexpensive toy or two.

Plan for Car Comfort: Even at home, people and belongings make for confusion. The same will be true in the car. Preschoolers need play space. You can make a make-shift play area this way: Lay some suitcases flat on the car floor in front of the backseat. Put a crib mattress over the suitcases—a plywood board under the mattress if you wish.

Pack a bag of handy equipment: washcloths, container of water for washing sticky fingers, container for drinking water, cups, first-aid kit. Use a litter bag.

Plan for Car Fun: Games always seem to make time pass swiftly. Make up your own games as well as your own rules. Here are some suggestions to get you started:

Making wishes—The first person to see the first star, load of hay, etc., gets to make a wish.

Complete alphabet—Go through the alphabet finding letters on outdoor advertising signs.

Noises—What kind of a noise does thunder make? Diesels? Boats? Animals?

Car license hunt—Look for a car license from each state.

And, with all your planning, chances are you will get to grandma's before the children realize it.

—Nancy Lysen.

